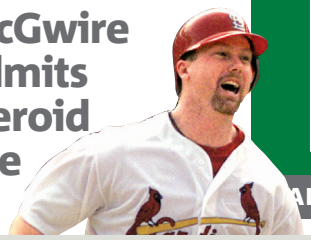
N.S. CANADA'S UNIVERSITY CAPITAL? PG 4

Sports pg 9

McGwire admits steroid use



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Methadone leaves baby in critical condition

IWK A 23-month-old New Brunswick girl is in critical condition at the IWK Health Centre in Halifax after ingesting the drug methadone.

RCMP Const. Chantal Farrah says police and paramedics were called to a home in Havelock, west of Moncton, Friday.

She says the baby was rushed to the Moncton Hospital and later airlifted to the IWK.

Farrah says two people were arrested and later released, but no charges have been laid.

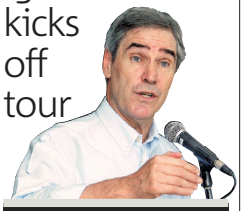
She says the investigation is ongoing.

THE CANADIAN PRESS

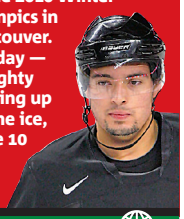
News on the Move
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Local pg 3

Ignatieff kicks off tour



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• Today — Doughty heating up on the ice, page 10



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ANDREW VAUGHAN/THE CANADIAN PRESS

The flag-draped coffin carrying the remains of Sgt. Kirk Taylor, a reservist with the 84th Independent Field Battery, is carried from his funeral service yesterday at a hockey arena in Yarmouth. The 28-year-old was one of four soldiers and a journalist killed by a roadside bomb in Afghanistan on Dec. 30.

A community mourns

Thousands attend funeral for dead Yarmouth soldier

In a corner of Nova Scotia that has seen its share of hardship in the past year, more than 2,000 people gathered in a hockey arena yesterday to say goodbye to a young soldier known for his ability to lead and his knack for making those around him laugh.

The funeral for Sgt. Kirk Taylor, one of four soldiers and a journalist killed Dec. 30 by a roadside bomb in Afghanistan, included full military honours and a series of tributes that were painfully personal and, at times, incredibly funny.

As the service began inside the Mariners Centre, a hush fell over the crowd as the flag-draped casket containing the remains of the 28-year-old reservist was carried into the arena on a gun carriage pulled by a military truck and followed by an honour guard.

Taylor served with the 84th Independent Field Battery, based in Yarmouth.

On a stage at centre ice, the three clergymen presiding over the service were flanked by three large portraits of Taylor, a husky man in a blue beret and desert camouflage.

One of his best friends, fellow soldier Wayne Zwicker, told the crowd Taylor had a mischievous sense of humour that often left others laughing at themselves.

"And it didn't matter what he did, you still had to laugh and smile because he had that grin on his face that said it was up to mischief," Zwicker said.

"Kirk lived every day like it was a celebration. Every day was worth living, every day was exciting and something new was going to happen," he said.

Another friend, Leland Whitman, said Taylor was a natural leader.

"He was an example for us. He was an inspiration," he told the mourners. "He never hesitated to give of himself. Any time he was needed, he was there."

Taylor's unit commander, Maj. Gus Garant, agreed.

"Sgt. Taylor was never shy to step in and become the make-it-happen guy."

When he wasn't serving in the military, Taylor worked for a non-profit agency in Yarmouth that supports people with disabilities.

THE CANADIAN PRESS

Journalist remembered

• Reporter Michelle Lang's brother sobbed as he told his sister's funeral yesterday in Vancouver that their mother had warned Lang not to take on the dangerous Afghanistan assignment.

Cameron Lang, who tearfully recounted getting into mischief with his sister when they were children, told mourners yesterday he feels guilty that he wasn't able to talk her out of it.

But, he said, she was where she wanted to be.

Lang, a reporter for The Calgary Herald, became the first Canadian journalist killed in Afghanistan when a roadside bomb obliterated the armoured vehicle she was riding in on Dec. 30.

Lang's funeral had to be held in a banquet hall to accommodate the hundreds of mourners who attended. The 34-year-old grew up in Vancouver before embarking on a journalism career.



Michelle Lang

Danton may play for SMU

MATTHEW WUEST
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HOCKEY A former NHL player who spent five years in prison after he was convicted of a plot to kill his former agent could suit up for the Saint Mary's Huskies this semester.

Mike Danton, who was released from prison in September, has been cleared by Saint Mary's administration to enroll in sociology courses and suit up for the hockey team.

The 29-year-old is only waiting to receive clearance from the national parole board to move to Halifax from Ontario. The decision could be made by this morning.



Mike Danton

Saint Mary's athletic director Steve Sarty told Metro the school has "opened its arms" to accept Danton.

"The easy answer is, 'No, we don't want to have any part of you,'" Sarty said. "But the more positive step is to say, 'Yeah, we want to get involved in this process and we have a nurturing environment where we will allow this process to happen.'"

Danton, who had 14 points and 182 penalty minutes in 87 games with the St. Louis Blues and New Jersey Devils, pleaded guilty in 2004 to the failed plot to kill David Frost. He was sentenced to seven and a half years in prison.

Sarty said Huskies captain Marc Rancourt spoke to Danton by phone and the team —"to a man"— supports the school's decision to welcome Danton.

Danton has two seasons of CIS eligibility remaining.

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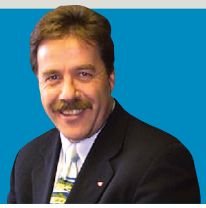
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Local



MP seeks end to limits for veterans' spouses

Sackville-Eastern Shore MP Peter Stoffer, left, urged in Ottawa yesterday an end to marriage restrictions for veterans and their spouses who marry after 60. Current legislation restricts pension and health benefits for veterans' surviving spouses in marriage after 60. Stoffer is the NDP's veterans' affairs critic and he said in a release a bill that would eliminate these restrictions has been introduced. "The government's inaction on this file is very disappointing for veterans and their families," he said.

METRO HALIFAX

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Victim may not be true target in shooting: Police

INVESTIGATION Halifax Regional Police are trying to determine whether the 48-year-old Halifax man shot inside his home early Sunday morning was the intended target.

Police spokesman Const. Brian Palmeter said yesterday they don't believe the shooting was a random incident, and are trying to piece together who the two suspects, who allegedly forced their way into the home in the 3,400 block of Micmac Street in Halifax, went there to shoot.

"We are working on the possibility that (the suspects) were at the right location, but that this individual wasn't the intended target," Palmeter said.

Police say the man's wife and adult children were inside the home, but they don't believe they witnessed the shooting or "were aware of the situation."

Police say at 4:15 a.m., a relative of the victim called 911 in regards to the shooting. When they arrived, they found the victim with a single gunshot wound, and he was taken to hospital with non-life-threatening injuries.

Investigators spoke with the victim Sunday and say they were told two men forced their way into the home, and then fled the scene after the shooting.

"We're not sure on motive," Palmeter said.

PHILIP CROUCHER/ METRO HALIFAX

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Ignatieff prefers art of persuasion

Liberal leader draws moral line between himself, PM at school tour kickoff

PAUL MCLEOD
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Politics isn't war, it's persuasion, Liberal Leader Michael Ignatieff told students at Dalhousie University yesterday.

Ignatieff spent much of his day in Halifax answering questions about new Liberal attack ads that allege Stephen Harper shut down Parliament as a "coverup" to avoid answering questions about Afghan detainees.

Ignatieff said there was no moral equivalency between the Liberal ads and Conservative attacks.

"It's appropriate for us to attack on policy. It's not appropriate to attack — you know, I've had my patriotism attacked, I've had my devotion to Canada attacked, I've been told I'm just visiting. All this garbage, I've had four years of it," Ignatieff said in his speech at Dalhousie's student-union building.



RYAN TAPLIN/METRO HALIFAX

Liberal Leader Michael Ignatieff speaks with NSCC radio and television arts students Allison White, left, and Stephanie Wall for the college's online radio station yesterday. Ignatieff kicked off a cross-Canada tour yesterday with stops at the NSCC's waterfront campus and Dalhousie University.

"I make no apologies for going after him on policy issues. But you try to keep his family, you try to keep his patriotism, you know, you keep off that."

Ignatieff said Harper draws no such lines because to the prime minister, politics is war. Ignatieff said he views politics as persuasion, which is why he kicked off a cross-country discussion tour of universities yesterday.

Ignatieff started the national tour at the Nova Scotia Community College's Dartmouth waterfront campus in the morning. Later, he spoke to over 300 people at Dalhousie, with many more having to be turned away at the door.

Both events began with brief speeches followed by a question-and-answer session with students. Ignatieff fielded a range of questions and took shots at Harper on the environment and the economy.

He also pledged not to cut university funding to help pay down deficits if he is elected.

"The biggest resource in this country is between your ears," he said at the Dalhousie speech.

"If we don't get education right in this country, nothing else matters."

Travels

- Ignatieff's tour includes nine more universities and concludes next Monday in Ottawa.

Iggy backs university funding changes, but has doubts

PAUL MCLEOD
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EDUCATION Liberal Leader Michael Ignatieff endorsed changes yesterday that Nova Scotia universities and politicians have been pursuing for years, but he also gave himself some wiggle room.

Speaking at Dalhousie University yesterday, Ignatieff said he was in favour of the federal government giving provinces funding on a per-university student basis.

Currently, Nova Scotia imports a large number of outside students, but their funding goes to their home provinces.

But Ignatieff wouldn't make a hard commitment to change the system, saying he had some worries.

"It creates substantial tensions in the federation because it rewards successful institutions and less successful ones may think, 'Hey, we're being left behind,'" he told the crowd.

Later, he told reporters, "When I think about it, I still like the idea of creating this market so we reward success. I just don't want to punish failure so that we have a lot of other institutions drying up."

Dalhousie Students' Union president Shannon Zimmerman said she understood Ignatieff's concerns, but added the current system is already hurting Nova Scotian schools.

Report recommends 'mini-hybrid' bus technology

MONIQUE MUISE
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"We've achieved 10,000 tonnes of (emission) reductions so far ... That takes us about 50 per cent towards our goal."
Richard MacLellan, SEMO manager

EMISSIONS HRM's aging buses are a gas-guzzling, carbon-spewing drain on municipal coffers, and it's high time something was done about it, says a new report to regional council.

In a report to be submitted tonight, city staff are recommending that council invest $56,000 to test a new "mini-hybrid" technology in a handful of buses.

The retrofit would involve replacing the traditional hydraulic fan in three vehicles with an electric fan that would use less fuel and therefore cut down on toxic tailpipe emissions. The report says the new system "is a clean and tidy, simple, and effective solution" that, if introduced in the entire fleet, could slash carbon emissions in HRM by 1,530 tonnes per year.

Regional council has pledged to reduce the municipality's emissions by 20 per cent below 2002 levels within the next two years.

Richard MacLellan, manager of HRM's Sustainable Environment Management Office, said yesterday they're on track to meet that target.

"We've achieved 10,000 tonnes of reductions so far, basically all of them in building projects," he said. "That takes us about 50 per cent towards our goal."

MacLellan added the delay in getting wind energy initiatives up and running in Nova Scotia was a major setback for the municipality, but he said other projects like equipping street and traffic lights with LED bulbs could make up the difference.

"I believe that we're going to be very close to meeting that (emission-reduction) target if we do not meet it," he said.

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Police search nets illegal cigarettes

CRIME RCMP say a 22-year-old Nova Scotia man faces several charges after police found thousands of contraband cigarettes in a search of a vehicle in New Brunswick last week.

Mounties say they intercepted the vehicle on Highway 2 near St. Leonard, N.B., Thursday.

A search netted police 180,000 contraband cigarettes.

The unidentified man is scheduled to appear in court in Edmundst, N.B., on April 7.

Police believe the cigarettes were destined for the Bedford area.

THE CANADIAN PRESS

Red tape too expensive in N.S.: CFIB

The Canadian Federation of Independent Business says regulatory costs are still too high in Nova Scotia, even though the annual costs associated with red tape have dropped from $837 million in 2005 to $706 million presently. The announcement was made to kick-off the country's first-ever Red Tape Awareness Week. METRO HALIFAX

Man charged in hit-and-run

PHILIP CROUCHER
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Charges have been laid against a Dartmouth man in relation to a hit-and-run incident on the Angus L. Macdonald Bridge in late November that sent two police officers to hospital with minor injuries.

Kevin Alexander MacDougall, 20, is to be arraigned in Dartmouth provincial court today on charges of criminal negligence causing bodily harm, dangerous operation of a motor vehicle causing bodily harm and drug trafficking.

He has been remanded to the Burnside jail until his court appearance.

Halifax Regional Police arrested the suspect Sunday night around 9:30 p.m. at a residence on Appian Way in Dartmouth.

On Friday night, police searched the same residence and say they found evidence related to the incident, along with cocaine, marijuana and other drug paraphernalia. The suspect wasn't home when the search took place, police say.

"We received a lot of help from the public (in this case)," said police spokesman Const. Brian Palmeter, as video was released to the media of what was alleged to be the car that struck the officers fleeing the scene. "And as a result of the ongoing investigation, we were able to identify this individual as a possible suspect."

Police say the officers were making a routine stop at an impaired driving checkpoint around 3 a.m. on Nov. 29 when the vehicle in question suddenly accelerated, knocking them both to the pavement.

The two officers, one of whom was dragged a short distance along the roadway, were not able to pursue the driver or take down a licence plate as the vehicle sped through the bridge tolls.

The two injured officers were taken to Dartmouth General Hospital where they were treated for minor scrapes and bruises and then released.

Two others in the car?

- Police are alleging there were three people in the car, with Kevin Alexander MacDougall behind the wheel. "At this point, it's unclear whether or not additional investigation and or charges could be laid against the occupants in the vehicle," police spokesman Const. Brian Palmeter said.

Liberals want fresh look into Belliveau's boat sale

CONTROVERSY Nova Scotia's opposition Liberals are again calling for the province's conflict of interest commissioner to look into the business holdings of the province's fisheries minister.


Sterling Belliveau

Liberal member Leo Glavine has submitted an affidavit and letter to Merlin Nunn asking him to re-examine whether Sterling Belliveau was in contravention of the ministerial code of conduct.

Last fall the opposition parties pressed for proof that Belliveau, a 38-year veteran of the fishery, played no part in a loan that helped finance the sale of his boat gear and fishing licence.

Belliveau and the governing New Democrats maintain that Belliveau took all steps necessary to distance himself from the Fisheries and Aquaculture Loan Board, the arms-length body he oversees.

He produced a letter from Nunn that states it would be fine to accept the offer for the boat, as long as he was not involved with any board decisions related to the loan.

In his letter to Nunn, Glavine says Belliveau still hasn't produced evidence that he didn't participate in "any way" in the processing of his loan application. THE CANADIAN PRESS


RYAN TAPLIN/METRO HALIFAX

Universite Saint-Anne Prof. Christine Igot is flanked by colleagues from other universities from around the province as she speaks at the launch of a marketing campaign at the Cunard Centre yesterday. The campaign is trumpeting Nova Scotia as Canada's University Capital.

Province crowns itself 'University Capital'

MONIQUE MUISE
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The provincial government is hoping a new advertising campaign will draw attention to universities in Nova Scotia, but some critics are complaining the schools already stand out for all the wrong reasons.

Transportation Minister Bill Estabrooks announced yesterday the province has dubbed itself "Canada's University Capital," a move it hopes will lure additional students from across the country and around the globe.

"This is a bold statement … one I am pleased to back up with facts," Estabrooks said.

"We're still bleeding students to places like Newfoundland, where tuition fees are half what they are here."
Rebecca Rose, Canadian Federation of Students

He cited smaller class sizes, a variety of programs, and advanced researched facilities as some of the main reasons that 20,000 students a year come from out-of-province and around the globe to study here.

But some argued that a fancy new name does nothing to address the fact Nova Scotia's universities still charge the second-highest tuition fees in the country.

"That obviously draws a lot of students away from the province, which is likely why the government feels it's necessary to launch this campaign," said Rebecca Rose, who works with the Canadian Federation of Students. Rose said if the government is really interested in boosting its student population, it should re-think its approach.

"We're still bleeding students to places like Newfoundland, where tuition fees are half what they are here," she said. "They didn't put out some fancy public relations campaign. They simply invested in post-secondary education and reduced fees."

Shawn Loo, a student at the Nova Scotia Agricultural College, attended yesterday's announcement and agreed that covering tuition is "a challenge" if you don't qualify for the government-sponsored rebate given to Nova Scotian students who remain here to study.

Still, the Prince Edward Island native said he feels the province is justified in tooting its own horn when it comes to post-secondary education. "If you look at Maclean's Magazine (university rankings) our undergraduate schools always top the list," Loo said. "Most of my classes have less than six people. You can't beat that."

Man trapped in bank after allegedly attacking patron

PHILIP CROUCHER
philip.croucher@metronews.ca

"It was one of those incidents where he felt (he) could hold him there until we arrived."
Cpl. Joe Taplin

A Lower Sackville man was roughed up, loved, then roughed up again in a trip to the bank over the weekend.

Halifax RCMP say the victim was walking to the Scotia Bank on Sackville Drive around 1 a.m. Sunday to deposit a cheque when a man who was intoxicated approached him. Police allege the intoxicated man put the victim in a headlock, then let him go, gave him a hug and apologized.

The suspect then, according to police, followed the man inside, grabbed his wallet, kicked and pushed him, and started punching keys on the instant teller.

The man got away and waved to his son, who was across the street. The son drove their vehicle over to the bank and pulled in front of the doors to keep them closed until RCMP arrived.

"It was one of those incidents where he felt (he) could hold him there until we arrived," said police spokesman Cpl. Joe Taplin.

"We arrived a short time after they dialed 911 … and when we arrived on scene he was anxiously pacing back inside the doors hoping to get out."

Police arrested the 24-year-old man on robbery charges and then released him. He will appear in provincial court at a later date. WITH FILES FROM THE CANADIAN PRESS

Few female admins in school board

43% The provincial average per school board for female school administrators is about 43 per cent.

EDUCATION The Strait Regional School Board is investigating why it has the lowest percentage of female school administrators of any board in the province.

While more than half of the teachers in the region are women, that isn't reflected in the male-female breakdown among principals, where men outnumber women about four to one.

As for how the disparity was brought to the board's attention, Beaton said it was pretty apparent in meetings with administrators.

"I guess, just informally looking at the room and saying, 'Look at the difference when we have our principals in,'" Beaton said.

"It's fairly obvious — it's a small board, 24 principals and only four or five of them are women."

CAPE BRETON POST

Palin joining Fox News

Sarah Palin is taking her conservative message to Fox News. The former Alaska governor and Republican U.S. vice-presidential candidate will provide some type of commentary for the right-leaning cable network. THE ASSOCIATED PRESS



Canada/World

Balanced budgets not likely: Watchdog

Flaherty projects no tax hikes, cuts needed

The country's budget watchdog and some of Canada's leading economists are contradicting Finance Minister Jim Flaherty, saying he cannot balance the country's books without raising taxes or slashing spending.

Parliamentary budget officer Kevin Page warned yesterday the country could be headed back to the financial bad days of the 1970s and 1980s when the country was crippled by public debt.

"We are going to have to take drastic measures, either spending reduction or tax increase, to get us back to balances," said Page, known for his outspoken assessment of government spending.

Page will deliver a report tomorrow that will look at the next five years and spell out the magnitude of the "structural" deficit and — if not checked by spending reduction or tax increases — the potential negative impact on Canada's struggling economy.

"We are going to have to take drastic measures, either spending reduction or tax increase, to get us back to balances."
Kevin Page, parliamentary budget officer

Finance Minister Jim Flaherty repeated his assertion yesterday that Ottawa can over time balance its books without having to raise taxes or cut spending. Instead, Flaherty says savings can be achieved simply by keeping the increases in annual spending on federal programs from growing as fast (3.3 per cent annually) as they have in recent years.

"If we have sufficient economic growth, we won't have to do as much," Flaherty said, meaning that higher economic growth raises federal tax revenues and automatically helps reduce the deficit.

But economists doubt the government could slow the growth in program spending enough to curb the deficit — set to reach a cumulative $164 billion by 2014 — without tax increases. TORSTAR NEWS SERVICE

Blockbuster movie labelled racist by some

AVATAR Near the end of the hit film Avatar, the villain snarls at the hero, "How does it feel to betray your own race?" Both men are white — although the hero is inhabiting a blue-skinned, nine-foot-tall, long-tailed alien.

Strange as it may seem for a film that pits greedy, immoral humans against noble denizens of a faraway moon, Avatar is being criticized by a small, but vocal group of people who allege it contains racist themes — the white hero once again saving the primitive natives.

Since the film opened to widespread critical acclaim three weeks ago, hundreds of blog posts, newspaper articles, tweets and YouTube videos have said things such as the film is "a fantasy about race told from the point of view of white people" and that it reinforces "the white Messiah fable."

Adding to the racial dynamic is that the main Na'vi characters are played by actors of colour, led by a Dominican, Zoe Saldana, as the princess. The film also is an obvious metaphor for how European settlers in America wiped out the Indians.

Annalee Newitz, editor-in-chief of the sci-fi website io9.com, likened Avatar to the recent film District 9, in which a white man accidentally becomes an alien and then helps save them.

"When will whites stop making these movies and start thinking about race in a new way?" wrote Newitz, who is white.

Writer/director James Cameron said in an email to The Associated Press that his film "asks us to open our eyes and truly see others, respecting them even though they are different, in the hope that we may find a way to prevent conflict and live more harmoniously on this world. I hardly think that is a racist message."

THE ASSOCIATED PRESS



Zoe Saldana plays Na'vi archer Neytiri in Avatar. The film is being criticized by some who allege it contains racist themes, such as a white hero once again saving the primitive natives.

"(The movie) asks us to open our eyes and truly see others ... in the hope we may find a way to prevent conflict and live harmoniously ... I hardly think that is a racist message."
Avatar director James Cameron

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Alberta **Medicine Hat seeks to monopolize votes**



IAN SORENSEN/THE CANADIAN PRESS/MEDICINE HAT NEWS

John Hamill, an alderman for the city of Medicine Hat, speaks during a press conference yesterday to urge the city's citizens to vote for Medicine Hat to appear on the new edition of the Monopoly Canada board game. Sixty-five cities have been chosen to be in the nationwide vote.

Ban called for after mauling death

ONTARIO The tiger-mauling death of an Ontario man should serve as a wake-up call the World Society for the Protection of Animals said yesterday.

The death could have been prevented had the province banned the keeping of dangerous exotic pets when it revised the OSPCA Act earlier this year, said Melissa Matlow, programs officer for the society. THE CANADIAN PRESS

Don't expect an interest rate hike anytime soon, BoC official says

ECONOMY The Bank of Canada appears to be cooling its rhetoric on the country's housing boom, all but ruling out raising interest rates to dissuade prospective home buyers from taking on too much mortgage debt.

Bank official David Wolf said in a speech yesterday that in the central bank's view it is premature to be talking about a housing bubble in Canada. And he said even if the bank judged that housing prices were getting out of hand, raising interest rates is too blunt an instrument since it would have the effect of cooling off the entire economy.

"We would, in essence, be dousing the entire Canadian economy with cold water, just as it emerges from recession," he said.

THE CANADIAN PRESS

Landmark trial begins

SAN FRANCISCO The first federal trial to determine if the U.S. Constitution prohibits states from outlawing same-sex marriage got under way yesterday, and the two gay couples on whose behalf the case was brought will be among the first witnesses.

The proceedings involve a challenge to Proposition 8, the gay marriage ban approved by California voters in 2008. Regardless of the outcome, the case is likely to be appealed to the U.S. Supreme Court, where it ultimately could become a landmark that determines if gay Americans have the right to marry.

Two hours before trial, the top U.S. court weighed in on an issue related to the case, blocking video of the proceedings from being posted on YouTube. It said justices need more time to review that issue, and put the order in place at least until tomorrow.

THE ASSOCIATED PRESS

News in brief

SANCTIONS Secretary of State Hillary Clinton says the U.S. has concluded the best way to pressure Iran to come clean on nuclear ambitions is to impose sanctions on the country's ruling elite. Clinton said yesterday a final decision has not been made. THE ASSOCIATED PRESS

ANTARCTICA Sea water under an Antarctic ice shelf showed no sign of higher temperatures, despite fears of a thaw linked to global warming that could bring higher world ocean levels, tests showed yesterday.

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Comment

Liberals enter political battlefield



If, as the Conservatives interpret it, politics is war, it's no surprise they have been winning. They are the only side that's been deploying the heavy artillery.

In response to their attack ads against Stéphane Dion and Michael Ignatieff, the Liberals have been absent from the battlefield. In the Dion case, they didn't have the money to afford counterblasts. With Iggy, they've been cautious, not wanting to be accused of joining Stephen Harper on the political low road.

That's changing. Liberal ads released this week on the closing down of Parliament hit the prime minister where it stings — with a coverup charge. Team Ignatieff is aware it's not the alleged torture of Afghan detainees that has the public worked up. It's the autocratic arrogance of the PM in thinking he can repeatedly manipulate the democratic system for partisan gain.

Given the heady response they've been getting on the prorogue issue, the Grits feel they've got momentum on their side. That they may be right was indicated by Harper's response. In obvious damage-control mode, he's volunteering many a media interview. That's something he doesn't do often.

He tried to excuse the shutdown of Parliament by saying the government needed more time to prepare for a new budget. But the government had a five-week Christmas break even without a prorogue. In any case, the PM was contradicted by Finance Minister Jim Flaherty, who said yesterday that budget consultations weren't affected by prorogation.

The other Conservative defence line is the rationale that the Liberals once did this kind of thing, so it's OK for us to do it. It never seems to bother team Harper that anyone with a measure of self-respect doesn't seek to excuse their own inadequacies by constantly dredging up the inadequacies of others.

In the abuse-of-power sweepstakes, the Jean Chrétien Liberals did indeed run up quite a tally, not the least of which was closing down an inquiry into alleged brutality by Canadian soldiers in Somalia. The move was dictatorial and inexcusable. But Ignatieff had nothing to do with any of the malfeasance in the Chrétien days. In any case, the Conservatives promised a new era of accountability and transparency. The promise has become a standing joke.

On one level — the lack of civility in our politics — it's unfortunate the Liberals are resorting to attack ads. But to compete against the Harper goon squad, they didn't have much choice. They could continue to get run over. Or they could finally start giving this prime minister some of his own medicine.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Facebook rides to Parliament's rescue



Norm Beach

I always thought Facebook was just a cosy corner in cyberspace for idle chat and gossip.

But recently a flash mob of Canadians upset at the abrupt shutdown of Parliament began airing its beefs on the social networking site, and the group has gone viral, attracting more than 10,000 members each day. (Yesterday, more than 150,000 people had signed up.) Now postings are so frequent that within minutes anything put on the main board becomes an "older post" as new comments and information links flood onto the site.

It started with a graduate student at the University of Alberta, peeved by Prime Minister Stephen Harper's New Year's resolution to shut down Parliament until after the Olympics.

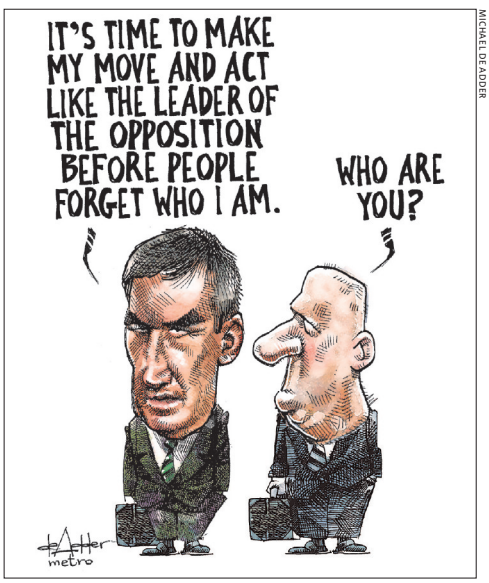
The prime minister apparently thought most Canadians wouldn't miss the crude display of boorish behaviour that is otherwise known as question period on the Hill. And I don't blame most political experts for thinking a Facebook group called Canadians Against Proroguing Parliament wouldn't fly far in cyberspace, let alone influence the hardball game of politics. But ordinary Canadians have confounded the experts.

As one of those ordinary Canadians, I think I know why.

Parliament may be full of people we don't greatly admire, but we are the ones who put them there to represent us. Our fractious and frustrating House of Commons is the only democracy we have, the place our elected representatives decide the laws that govern this country.

Stephen Harper may think most Canadians don't pay very close attention to what goes on in Parliament, and he's right. But if our democratic space is suddenly, and for no good reason, shut down, we start to smell something rotten in Ottawa. We might even begin to think that what goes on in our nation's capital is more important than who's groping who in the bedrooms of Hollywood. Hard to believe, eh? Well, stranger things have happened. Even on Facebook.

Norm Beach is a writer and teacher in Toronto.



MICHAEL DE ADDER

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CFIB launches Red Tape week
One of Canada's largest business associations has launched what's being called the first-ever Red Tape Awareness Week.
The Canadian Federation of Independent Business says that businesses spend more than $30 billion annually to comply with government regulations. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 96.76¢	US $5.454	US $82.52	11,947.13
US 24¢	US 29.5¢	US 23¢	6.70

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Amsterdam **Buy is brewing**



PETER DEJONG/THE ASSOCIATED PRESS

Heineken CEO Jean-Francois van Boxmeer smiles during a photo call in Amsterdam recently. Heineken NV said yesterday it will buy the beer-making operations of Mexico's Femsa in an all-share deal that values the maker of Dos Equis, Tecate and Sol beers at $5.5 billion US.

Companies confident, expect to hire: Survey

Canadian companies are feeling more confident that the economic recovery is taking hold and say they are stepping up plans to hire more workers and invest, the Bank of Canada said yesterday.

The central bank's quarterly survey of business conditions, and a companion survey of senior loan officers, both released yesterday, were generally encouraging and point to improving conditions across the board.

In a news conference in St. Boniface, Man., Finance Minister Jim Flaherty said he was encouraged that both consumer and business confidence were improving but added that dangers remained.

"The economy is still recovering ...(but) has not recovered," he said.

"As you can see from the employment numbers on Friday, there's still reason to be concerned about the performance of our recovery and particularly of the United States economy," he said.

In a separate survey of senior loan officers, the central bank said lending conditions to firms have stabilized after almost two years when the balance of opinion reflected a tightening trend. "These improved conditions are consistent with borrowers' increased access to financing in capital markets during recent quarters, and can also be attributed to the outlook for this segment being seen as favourable by survey respondents," the bank said.

The two surveys were conducted in late November and early December.

THE CANADIAN PRESS

Friday reports

- Friday's employment reports disappointed analysts on both sides of the border, with Canada dropping 2,600 jobs in December when a 20,000 gain was expected, and the U.S. reporting a contraction of 85,000 jobs.

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SCANLIFE

Rising demand may lead Toyota to manufacture new hybrids in Canada. Scan this code for the full story.

Business in brief

AGREEMENT Creditors of Magna Entertainment Corp. agreed to the outlines of a plan that will end bankruptcy and settle a lawsuit against billionaire owner Frank Stronach, attorneys said. METRO NEWS SERVICES

LAYOFFS Internet company AOL will lay off up to 1,200 workers because it didn't get enough volunteers to accept buyouts. AOL spokeswoman Tricia Primrose said yesterday that only 1,100 volunteered to leave. THE ASSOCIATED PRESS

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Your Money

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Representative finance example based upon $15,000 financed at 0% APR equals $416.67 per month for 36 months, $0 down payment or equivalent trade-in. Annual kilometre restrictions apply. Additional charges may apply for excess wear and tear. Offer applies to new retail sales of 2009 Yaris Hatchback, Yaris Sedan, Prius, 2010 Corolla and Matrix vehicles delivered by February 1, 2010. Offer applies on approved credit to retail customers who purchase and take delivery by February 1, 2010. The first monthly payment will be deferred for 90 days (until the 120th day of the contract) and finance contracts will be extended accordingly. Interest charges will not accrue during the first 90 days of the contract. After 90 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract. **Customer Incentive offers valid on delivery of select new unregistered Toyota vehicles, when delivered from a Canadian Toyota dealership. Vehicle must be registered and delivered by February 1, 2010. See your Toyota Dealer to determine if tax applies before or after the application of the offer in your jurisdiction. Offer is subject to change without notice. See your Toyota dealer for details. ††Complimentary Job Loss Credit Protection is offered by Toyota Credit Canada Inc. ("Toyota Credit" or "TFS") and available to eligible retail customers who purchase or lease one of the following vehicles through TFS between January 5 and February 1, 2010: new and demonstrator Yaris Hatchback, Yaris Sedan, Corolla, Matrix, Camry, Sienna and RAV4 models. The program provides up to $10,000 in credit protection to consumers who suffer an unexpected job loss during the term of their lease or financing contract, provide proof that they are collecting unemployment benefits and return their vehicle to their Toyota dealer. Excludes charges for excess wear and tear, excess kilometres, unrepaired damages and similar charges. Program only applies to natural persons, over the age of 18, who suffer involuntary unemployment (as defined in the contract) and who meet the other eligibility criteria. Program does not apply to corporations, companies, associations, self-employed people, seasonal employees, employees of TFS or employees under a fixed term contract. Eligible consumers will be required to make regular monthly payments while their claim is evaluated. Further conditions and limitations apply. For complete details, ask your Toyota dealer. ¥Graduate program allowance of $500 on 2008/2009 Yaris Hatchback, Yaris Sedan, and RAV4 as well as 2009/2010 Corolla and Matrix. Must be within four months of graduation, or have graduated within the last four years, from an accredited Canadian university or college. The four-year eligibility period will be measured from the date shown on the graduate's diploma. Applications outside the specific forty-eight month period cannot be accepted. ‡Camry LE/Venza FWD fuel economy based on automatic transmission. Corolla CE fuel economy based on manual transmission. Individual dealer may sell/lease for less. Vehicles may not be exactly as shown. Offers valid until February 1, 2010. See your participating Toyota dealer for details.

AlisonOnMoney



Alison Griffiths

metronews.ca/alisononmoney

7 steps to save on fuel

In my never-ending quest to save money, here's seven painless ways to cut fuel costs courtesy of 4Refuel Ltd. a Langley, B.C., company which manages fuel supplies for business and knows a thing or two about saving a litre here and there.

1 **Kill the idle:** Not only is it illegal in some places but more than three minutes of idling can shorten engine life and excessive idling can add as much as 50 per cent to your fuel costs. Idle idiots also shorten the life of their engine oil by 75 per cent. During winter, it's tempting to warm up before you get in, but cars today have fast and efficient heaters.

2 **No jack rabbit starts:** Jack rabbit starts use 40 per cent more fuel and increase emissions by 400 per cent. What's more they save less than three minutes over 60 minutes of driving.

3 **Pussy foot the accelerator:** Cars travelling at 120 km\h versus 100 km\h use 20 per cent more fuel.

4 **Put your car on a diet:** Eliminate superfluous items — golf clubs, in-laws, etc. Even a couple of hundred extra pounds adds stress to the engine and decreases gas milage.

5 **Keep your engine purring:** Tune-ups really do increase gas milage and extend the life of your engine.

6 **Check your tire pressure:** Correct tire pressure saves gas — as much as two weeks worth a year — while improving car handling and braking and decreasing tire wear.

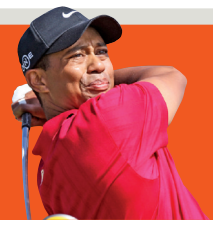
7 **Take the ankle express:** I'm amazed at how many people get in their cars to drive from store to store at the power centre malls rather than walk a few hundred metres.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Redd to miss rest of season

The Milwaukee Bucks say guard Michael Redd will miss the rest of the season because of a knee injury. Redd tore the ACL and MCL in his left knee Sunday night in the second quarter of the Bucks' game against the Los Angeles Lakers. An MRI yesterday in Phoenix revealed the injury, which will require surgery. THE ASSOCIATED PRESS

Sports



Fake labels poke fun at Tiger

Gatorade says bootleg labels with a picture of Tiger Woods, the word "unfaithful" and the Gatorade name have been found on bottles in Colorado stores. Gatorade spokeswoman Karen May said yesterday the labels were fakes. She declined to say whether the bottles contained real Gatorade. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

McGwire comes clean

Former slugger says he used steroids to overcome injuries

Mark McGwire finally came clean, admitting he used steroids when he broke baseball's home run record in 1998.

McGwire said in a statement sent to The Associated Press yesterday he used steroids on and off for nearly a decade.

"It's very emotional, it's telling family members, friends and coaches, you know, it's former teammates to try to get hold of, you know, that I'm coming clean and being honest," he said during a 20-minute telephone interview, his voice repeatedly cracking. "It's the first time they've ever heard me, you know, talk about this. I hid it from everybody."

McGwire said he also used human growth hormone, and he didn't know if his use of performance-enhancing drugs contributed to some of the injuries that led to his retirement, at age 38, in 2001.

"That's a good question," he said.

He repeatedly expressed regret for his decision to use steroids, which he said was "foolish" and caused by his desire to overcome injuries, get back on the field and prove he was worth his multi-million dollar salary.

"You don't know that you'll ever have to talk about the skeleton in your closet on a national level," he said. "I did this for health purposes. There's no way I did this for any type of strength use."

McGwire hit a then-record 70 homers in 1998 during a compelling race with Sammy Sosa, who finished with 66.

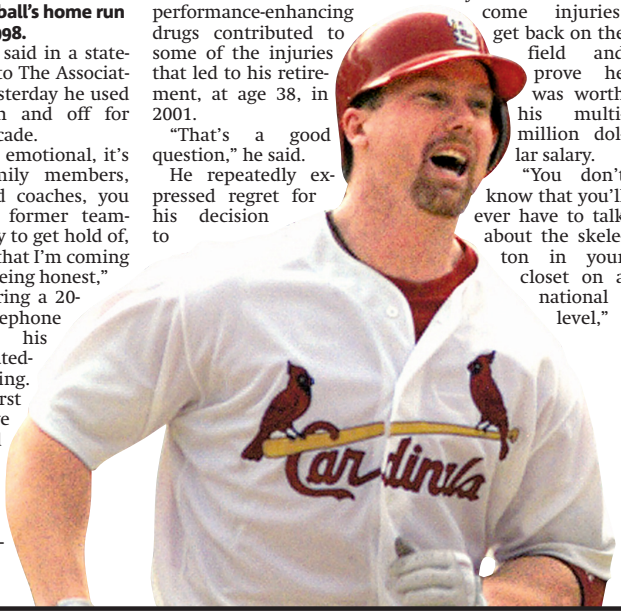
More than anything else, the home-run spree revitalized baseball following the crippling strike that wiped out the 1994 World Series.

Now that McGwire has come clean, increased glare might fall on Sosa, who has denied using performing-enhancing drugs.

"I wish I had never played during the steroid era," McGwire said.

McGwire's decision to admit using steroids was prompted by his decision to become hitting coach of the St. Louis Cardinals, his final big league team.

THE ASSOCIATED PRESS



Mark McGwire



ANDY LYONS/GETTY IMAGES

Joseph Addai (29) of the Indianapolis Colts is not worried about his club's poor rushing stats heading into Saturday's game.

Despite rankings, Colts have confidence in ground game

NFL The Indianapolis Colts know what others are saying about their ground game.

Yes, the 3.5 yards per carry rank below the NFL norm, and the 80.9 yards per game are last in the NFL. And no, that's not the traditional way to win a Super Bowl. The Colts (14-2) also believe those numbers do not tell the whole story, something they intend to prove starting Saturday night against Baltimore.

"I feel confident in what I'm doing, and I feel good about what's going on out there," Colts running back Joseph Addai said with a confident smile.

Indianapolis' rushing ranks at No. 32 in the league.

"From a statistical standpoint, you can look at it and say it's not very good," said coach Jim Caldwell. "But I certainly don't feel like that from a schematic standpoint and what we're trying to get accomplished."

The numbers haven't changed much from last season, when the Colts ranked 31st in rushing with averages of 3.4 yards per carry and 79.6 yards per game. However, some things have changed.

The Colts are more effective now in short-yardage situations than last season, having closed out several close games by running for first downs. They've scored more touchdowns rushing than last season (16 to 13) and have proven more efficient in the second half of the schedule than the first — all indications of improvement.

THE ASSOCIATED PRESS

Hall named North America's best draft-eligible skater

HOCKEY Forward Taylor Hall was named North America's top draft-eligible skater in a mid-season list of prospects published by the NHL's Central Scouting Bureau yesterday.

That placed him one spot ahead of rival Tyler Seguin, who is battling Hall for the Ontario Hockey League's scoring lead.

Hall, a decorated 18-year-old with the Windsor Spitfires, was ranked behind Seguin in a preliminary list released in November. Defenceman Cam Fowler, another member of the dominant Windsor team, is ranked third among North American skaters, with forwards Brett Connolly (Prince George, WHL) and Riley Sheahan (University of Notre Dame) ranked fourth and fifth, respectively.

"The very first time I saw him, I knew he had it." Don Cherry on Taylor Hall

Hall was named Memorial Cup MVP for leading the Spitfires to the title last year. The six-foot-one, 186-pound left-winger was named in a coaching poll as one of Team Canada's top three players at the world junior championships earlier this month in Saskatchewan.

"The very first time I saw him, I knew he had it," Hockey Night in Canada personality Don Cherry said in a statement.

THE CANADIAN PRESS

Sports in brief

MOOSEHEADS Mathieu Corbeil of the Halifax Mooseheads has been ranked the third best North American goaltender for the 2010 NHL entry draft, according to Central Scouting. The 18-year-old from Montreal sits behind No. 1-ranked Calvin Pickard of the Western Hockey League's Seattle Thunderbirds and world junior gold-medallist Jack Campbell, a member of the United States under-18 program. Corbeil is 8-26 with a 3.75 goals-against average and a .883 save percentage in 36 starts in what has been a breakthrough season. Mooseheads defenceman Konrad Abeltshauser, a QMJHL rookie from Germany, is ranked 108th among skaters.

COACHING Jeff MacLeod has resigned from his role as an assistant coach with the Halifax Mooseheads. MacLeod, a Dartmouth native, is pursuing a job opportunity outside the hockey club but will remain part of the Mooseheads' staff as a scout. MacLeod will be replaced on the bench by fellow assistant Jason Troini, who has watched from the stands so far this season.

METRO HALIFAX

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SCANLIFE

How has the attack on Togo's soccer team affected security plans for the World Cup? Scan this code for the full story.

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Minnesota 4 Pittsburgh 3
Colorado at Calgary
Nashville at Vancouver
San Jose at Los Angeles

TODAY'S GAMES

Carolina at Toronto
Detroit at N.Y. Islanders
New Jersey at N.Y. Rangers
Dallas at Philadelphia
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Columbus at St. Louis
Nashville at Edmonton
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NBA

YESTERDAY'S RESULTS

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Miami at Utah
Minnesota at Denver
Milwaukee at Phoenix
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NFL PLAYOFFS

DIVISIONAL PLAYOFFS
SATURDAY, JAN. 16

NFC Arizona at New Orleans
AFC Baltimore at Indianapolis

SUNDAY, JAN. 17

NFC Dallas at Minnesota
AFC N.Y. Jets at San Diego



Simpsons headed to Vancouver

The Simpsons will take aim at curling this season when Homer and Marge head to Vancouver for the 2010 Olympics. In an episode due to air around the time of the Winter Games in February, the couple represents the United States in the semi-fictional event of mixed curling. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Skier looks to build confidence in next races

ALPINE After stumbling in the final race of last year, alpine skier Erik Guay wants to make some big strides in 2010.

Guay is hoping for some positive results in the final two World Cup downhill races prior to next month's Olympics.

"I'm always looking for a little more," the Mont-Tremblant, Que., resident said in a telephone interview yesterday from Wengen, Switzerland. "I'd like to get 2010 started on the right foot and hopefully build some confidence heading toward the Games."



Erik Guay

Being on the podium either this week in Wengen, or next weekend at Kitzbuehel, Austria, would be a great springboard into the Games.

The leg-burning, 4.5-kilometre Wengen Lauberhorn course is the longest and most physically demanding on the World Cup circuit. Whoever wins on the Hahnenkamm at Kitzbuehel can wear the crown as that year's best downhiller.

"On a regular World Cup season these would be the two biggest races of the year, the one most people are focusing on," said Guay.

"It just happens these ones are leading into the Olympics.

"It is great to have good results here and get the confidence boosted up before heading over to Canada."

So far Guay has had an up-and-down season. He just missed the podium in the year's first super-giant slalom race, finishing fourth at Lake Louise.

The 28-year-old has failed to break into the top 10 in four downhill races. Guay looked to be on track with an 11th in Val Gardena, Italy, before Christmas, then didn't finish a Dec. 29 race in Bormio.

THE CANADIAN PRESS



JEFF GROSS/GETTY IMAGES

Drew Doughty of the Los Angeles Kings is pursued by Brendan Morrison of the Washington Capitals at L.A.'s Staples Center earlier this month. Doughty has eight points since being picked for Team Canada.

Proving his worth

Doughty on a tear since making Team Canada

The excitement of being selected to Team Canada doesn't appear to have worn off for Drew Doughty.

The 20-year-old Los Angeles Kings defenceman could hardly sleep leading up to the Dec. 30 announcement and ended up being one of Steve Yzerman's boldest selections for the Olympic team. He's responded extremely well to that vote of confidence, having accumulated more points (eight) than anyone else on Team Canada from the time the roster was announced through Sunday's games.

Not bad for a guy who was tossing and turning in bed just two weeks ago.

"I was pretty nervous," Doughty said after being named to the team. "I didn't really know what my chances were. I knew I had an outside shot. Making it is definitely a big surprise, I'm just so excited."



"I knew I had an outside shot. Making it is definitely a big surprise, I'm just so excited."
Drew Doughty

He was held off the scoresheet that night in Calgary before putting up eight assists over the following five games. That streak included a four-assist game in San Jose Jan. 4 — the most productive night of his brief NHL career.

Interestingly, two of Canada's other defencemen have also been putting up nice offensive numbers since Yzerman selected them to the team. Chicago's Duncan Keith and Philadelphia's Chris Pronger both have seven points over that stretch, with Keith having moved to within two points of his career-high of 44 with almost half a season to go.

It's no coincidence there are so many blue-liners with offensive tendencies on the Olympic team. The Canadian squad that finished seventh at the Games four years ago seemed to be missing that element.

"We had trouble moving the puck on the big ice (in Turin), I guess would be the best way to describe it," said Kevin Lowe, a member of Yzerman's management team. "Now we've come almost full circle in terms of making an emphasis on guys who can move the puck, get it in the hands of the forwards. ... We think we have that in this group."

THE CANADIAN PRESS

Langenbrunner named captain of U.S. team

In one of his first acts as captain of a young American team facing long odds at an Olympic hockey tournament, Jamie Langenbrunner took exception with a comparison drawn between his group and the USA's famed "Miracle on Ice" squad at the 1980 Winter Games.

And then he substituted antagonists.

"A little bit of a different situation in my opinion," Langenbrunner said. "As much as Canada deserves all the credit they're given for the players that they have, the 23 players named to the U.S. team play in the same league as those guys.

"We feel quite comfortable playing against them on a nightly basis and feel that we belong on the same ice as them."

Langenbrunner was formally announced as Team USA captain in a conference call yesterday, asked to lead a roster that contains only three players with Olympic experience. The Americans named four alternates to help shoulder the burden: Zach Parise, Dustin Brown, Brian Rafalski and Ryan Suter, whose father was a member of Team USA's surprise triumph at the 1980 Winter Games at Lake Placid, N.Y.

THE ASSOCIATED PRESS

Speed Skating Canada happy with team mix

The mix, Speed Skating Canada believes, is just right.

Clara Hughes, Cindy Klassen and Jeremy Wotherspoon provide an aura of success and veteran know-how. Kristina Groves, Christine Nesbitt and Denny Morrison look to be right at their peak. Brittany Schussler, Jamie Gregg and Lucas Makowsky offer potential, both for the present and the future.

All that remains now for the eight women and eight men named to the long-track speedskating team for the Vancouver Olympics yesterday is to deliver, and that won't be easy.

Expectations are sky-high for the speedskaters, who have enjoyed frequent international success over the past four years since winning eight medals at Turin in 2006, and who are some of the country's biggest names heading into the Games.

They have about a month left to finalize their preparations, and capitalize on the opportunity in front of them.

"I think things worked out in our favour," said Brian Rahill, Speed Skating Canada's high performance director. "We have strong veterans of Olympic Games and of major events that can do very well."

THE CANADIAN PRESS

Next up

- The skaters will now break off into their individual training groups, preparing for a Continental Qualifier event Jan. 23-24 in Calgary.



JONATHAN HAYWARD/THE CANADIAN PRESS

A hill worker is seen yesterday at Cypress Mountain as high winds, dense fog and heavy rains with temperatures around 4 C melt snow at the Olympic venue in West Vancouver, B.C.

Olympic host mountain closes runs due to rain

Rain and warm temperatures forced Cypress Mountain, the ski resort that will host the freestyle skiing and snowboarding events at next month's Winter Olympics, to close yesterday, but officials promise there will be plenty of snow for the Games.

Tim Gayda, the vice-president of sport for the Vancouver Olympic Games Organizing Committee, said both artificial and natural snow has been stockpiled.

"In terms of having enough snow, even if this weather stayed around, we do have it," Gayda said in an interview. "Right now we are very confident in the pack we have, that we will be able to produce a great field of play."

Kent Rideout, a spokesman for Cypress Mountain, said temperatures of 4 C and rain have resulted in some snow melting off the mountain located on Vancouver's north shore.

Cypress officials will decide today when they will open the resort again.

THE CANADIAN PRESS

Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Keys to starting over

RAFAEL BRUSILOW
for Metro Canada

Going back to school after you've been in the workforce can feel a little daunting, but with a fresh approach, anyone can make a fresh start.

Jo-Anne Clarke, director of business and professional programs at the University of Calgary, says it's only natural to feel a little anxiety when you're returning to school, but it's important to realize you're starting over with a clean slate.

"I find that students can sometimes carry an old image of who they are as a student," Clarke said.

"As an adult, you have an opportunity to recreate who you are as a student — you have life experience to bring into the classroom."

> **"As an adult, you have an opportunity to recreate who you are as a student — you have life experience to bring into the classroom."** Jo-Anne Clarke

Time management is crucial but more important are managed expectations — don't try to do a full course load while running your full-time life because it just won't work and your studies will suffer. Many students start out doing a single course at a time to test the waters and get a sense of how much time and effort they can commit, Clarke says.

"Don't bite off more than you can chew. Students who take on more than they can handle don't enjoy the process and are not as successful. Learning is fun but it is a process; you can't rush it," Clarke said.

If writing was never your biggest strength, Clarke recommends taking a writing skills refresher course to help make further learning much easier, as the writing style you've been using in the workplace likely isn't ideal for school.

Gervan Fearon, dean of The G. Raymond Chang School of Continuing Education at Ryerson University in Toronto, agrees that being realistic about your workload and treating your education like a long-term goal rather than a sprint will give you a better experience overall.

"Look at it like an educational exercise program. If I wanted to run a marathon, I wouldn't just wake up one day and do it; I'd have to train," Fearon said.

A common worry is that students who return to school won't be able to relate to others in the class, but Fearon says the truth is most people in a continuing education classroom — including the instructors — will be in the same situation.

"When you do go back to school, you'll see a lot of individuals that are very much in the same position as you. Many of the instructors also work in the field they teach, so they're sensitive to your reality," Fearon said.

Remember, you're in school to further yourself so enjoy the experience, Fearon says.

"There is a prize at the end — there are significant payoffs in career, earning and to all the people around you. It's an opportunity to grow and be able to contribute more to ourselves, our families and our society," he said.



Time management is crucial for adult students, experts say.

Mature students more dedicated, expert says

JON TATTRIE
for Metro Canada

Leaving the workforce to go to college or university can seem financially, academically and emotionally daunting, but tapping into campus resources can ease the transition, experts say.

"They're not going to be alone," said Pamela Hanft, associate vice-president academic at Ontario's Humber College. "We're seeing an increasing number of quite mature students enrolling on a full-time basis."

This year, the college has 1,500 students aged 35 and up, a whopping 60 per cent increase on last year. Hanft attributes the rise to laid-off workers retraining. Technically, "mature students" are students older than 19 who have been out of school for more than a year, but Hanft said the challenges those adults who have spent 15 or more years working face are quite different.

If would-be students aren't sure about enrolling full time, she urged them to try an evening class first.

Like other post-secondary institutes, Humber has a special handbook and orientation for mature students covering child care, finances and other concerns older students may have. There are a slew of career-advancement services available to help students pick a path to a successful career.

"When we talk to mature students, there's often an academic concern. They haven't been in school for a while, they think they're rusty," Hanft said.

Emotionally, mature learners can be intimidated by the thought of being surrounded by so many young students. But many mature students are "genuinely surprised and pleased" at how receptive younger students are to studying with them, Hanft said.

"The older student brings a general experience of the work world that the younger students are really interested in."

Mature students tend to do well academically, bringing an intense level of focus and dedication that might be missing in their younger colleagues.

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Learning Curve is a special feature that focuses on education and student life.

Travel, earn credits

JON TATTRIE
for Metro Halifax

While many young people take a year off studying to travel abroad, programs like Mount Saint Vincent University's student exchange let young people live and learn in foreign countries without missing an academic beat.

Destinations for the International Exchange Program run across the world, with 28 partnerships from Austria, Estonia and Spain to Mexico, Russia and South Korea. The three-week China Summer Institute, which gives students a quick dip in the educational life of one of the world's oldest cultures, is taking applications until Jan. 22 for the spring course. Students earn a half-credit for studying at Nanjing's Ginling College for two weeks and spend the third week exploring Shanghai and Beijing, including the Forbidden City and Great Wall.

Part of MSVU international and exchange student adviser Paula Barry's job is accompanying the students to China. Last year, most had never been on a plane and the security of the trip appealed to them — and their parents.

"It's shocking (for students). You've not been to Toronto, or Montreal, but your first place is Shanghai. It's really rewarding for me just to see their expressions when they arrive and get on that train that goes 430 kilometres an hour," Barry says.

After the three-week trip, some students wind up working in China or taking a year to study in another country.

For those seeking a less culturally shocking experience, agreements in the United States and United Kingdom let them study in English-speaking countries.

Barry says students are changed when they come home. "They're considering different life paths. Maybe they would work abroad, maybe they would like to be involved in international development." She says they also experience "re-entry culture shock," shaking up their ideas about Canada.

The tuition is the same as regular studies at MSVU and bursaries can off-set travel costs. MSVU works with students to lay out what they want to study and where, work on finances and ensure the credits are transferable before they even depart Halifax.

"It's a very secure way to go abroad ... Some students may not be able to make an entire year abroad work, but everybody can make a semester work," says Barry.

To learn more, visit Msvu.ca or contact Paula Barry at paula.barry@msvu.ca or 902-457-6130.



Mount Saint Vincent University students can earn a half-credit as part of a three-week trip to China this summer.



Perfectionism costly: Study

ERIC EMIN WOOD
for Metro Canada

Elementary- and middle-school-aged perfectionists don't perform any better in class than their laid-back peers, according to a York University study.

"People have often equated perfectionism with being gifted, but there's increasing evidence that perfectionism in kids is associated with emotional problems," including anxiety and depression, says the study's co-author, Gordon Flett, a professor of psychology at York. "Comparative studies hadn't really been done until now."

Flett and his colleagues surveyed fouth- and seventh-grade students from three streams — regular, intellectually gifted, and fine arts gifted. (The term "gifted" was defined by the York Region District School Board.)

The researchers measured the students' levels of perfectionism, emotional symptoms such as anxiety and sadness, and obtained test scores, which had been gathered when the students were in grades three and six.



Perfectionism in kids is associated with emotional problems such as depression and anxiety, according to a recent study.

"We found, first of all, that there was no indication gifted kids were more perfectionistic than non-gifted kids," Flett says. "But within each group, those who were higher in perfectionism, especially perceived pressure from others to be perfect, were reporting higher levels of anxiety and sadness."

Flett wasn't surprised by the results, but admits he expected a "performance advantage."

"There was a slight advantage in math, but by and large, perfectionism was not related to higher levels of achievement," he says. "And you had a cost in terms of sadness and anxiety."

Flett likens such students to Brian Johnson, the overachiever played by Anthony Michael Hall in The Breakfast Club. "He admits that he tried to kill himself with a flare gun," Flett says. "When it's at that extreme level, there's a compulsion to achieve, and anything short of it is horrendous.

"You can extrapolate that somebody who persists in their perfectionism, as they make their way through the school system and later in life, could be prone to ever-greater levels of anxiety and sadness."

As for the study's applications, Flett believes there should be an increased focus on mental-health issues in schools.

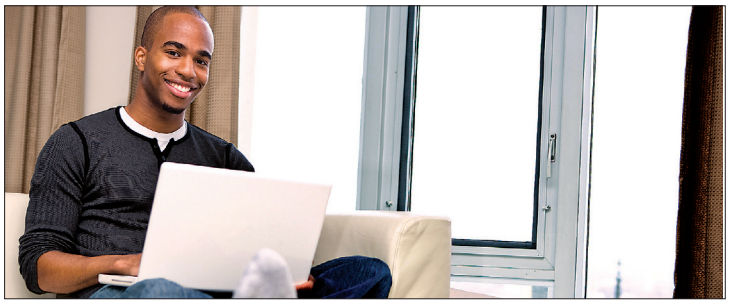
"There's a lot that can be done to prevent these problems before they escalate into anxiety or depression, or even suicide," he says, "and I think given the sheer volume of kids in need of assistance versus the relatively few resources that are available, we need to start being more proactive."



Learning Curve is a special feature that focuses on education and student life.

Beyond full-time classes

RICHARD WOODBURY
for Metro Canada





Adults who are looking to earn a degree or diploma don't have to go back to school full-time. Instead, they can learn through evening classes and distance/e-learning.

For many adults looking to study at university, pursuing full-time studies in the classroom just isn't an option. But evening classes and distance/e-learning are other ways to get that desired degree or diploma.

"It provides an avenue for you to study that you would not have had otherwise because of those other responsibilities you have in your life," says Ann Marie Vaughan, the director of distance education and learning technologies at Memorial University in Newfoundland and Labrador.

These "other responsibilities" include things such as jobs, family life and financial obligations.

Continuing education departments offer different options to meet students' education needs, such as certificates or professional development workshops.

"They can take specific courses that are aimed at giving them practical skills for the jobs they currently have or aspire to," says Betty MacDonald, the director of continuing education at Saint Mary's University in Halifax.

Vaughan is a distance learner herself and is pursuing a doctorate in education through a university in Calgary.

"I just find it to be a tremendously rewarding experience to do both, and it was a value that I don't think I fully understood until I became a distance learner," says Vaughan.

Taking individual courses can turn into receiving a full degree.

"There are some ways to be able to move from certificates to diplomas to degrees in the credit-based environment," says Vaughan.

And there isn't any reason for adults to worry their past grades won't get them into university for credit-based studies. The entrance requirements for mature students at most schools are different from those for a student coming fresh out of high school, says MacDonald.

At Saint Mary's, a mature student is defined as anybody who is older than 22 or has been out of high school for five years. Their admission is based on their work and life experiences since leaving school.

How to finance one's studies is a major question for students of all ages. Universities typically have financial aid and awards offices, which help students determine if they qualify for student loans and help steer them towards potential scholarships and bursaries.

"We offer a number of bursaries each year, both in terms of students with financial need and students who are achieving academic excellence or excellence in their areas," says Gervan Fearon, the dean of Ryerson University's G. Raymond Chang School of Continuing Education in Toronto.

"(Continuing education) provides an avenue you would not have had otherwise."
Ann Marie Vaughan

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King's student a Rhodes scholar

RICHARD WOODBURY
for Metro Halifax

When Rosanna Nicol found out she was selected to receive a Rhodes scholarship, she had a hard time believing it.

"I think my reaction was no, no way," the 22-year-old University of King's College student says.

She learned the news in late November only 90 minutes after her interview with the selection committee. She was relaxing with her roommates and hadn't even changed out of her interview clothes when the call came.

A celebration was definitely in order.

"My roommates turned up the music and we just kind of had a dance party and were just dealing with the emotional overload," she says.

Nicol is one of 11 Canadians to receive this year's batch of Rhodes scholarships and will begin her studies in September. One of the best-known and prestigious in the world, the scholarship covers all fees as well as a stipend for living expenses for two (and possibly three) years of post-graduate studies at the University of Oxford in England.

Nicol is currently wrapping up her arts degree in history and economics and plans on pursuing a masters in development. She's had an interest in refugee and sustainability issues for most of her life and already has an idea for her thesis.

"I'm pretty interested in socially responsible investing and how we could get capital flow to areas that need it, but within a market structure, rather than an aid framework," says Nicol.

She was hesitant at first about applying for the scholarship, but says the work involved with the application is what hooked her.

"What drew me to it ... was how they really ask you in the documents you prepare for them to reflect on why you do all the stuff you do and to really question what your basic motivation is, and I hadn't really done that," says Nicol. "I don't think a lot of us do that very often, you know, really wonder what is powering us."

Nicol is an active member of student life at King's. She's in the King's College Chapel Choir, plays on the Dalhousie/King's ultimate frisbee team, volunteers with the World University Service of Canada (WUSC) and helped introduce a student levy last year to help WUSC's student refugee program.

The Rhodes scholarship was established in the will of Cecil Rhodes in 1902. Eighty-two recipients are selected worldwide every year and past recipients include former U.S. president Bill Clinton and Newfoundland Premier Danny Williams.



NICK PEARCE PHOTO

University of King's College student Rosanna Nicol, 22, will be heading to the University of Oxford.

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Campbell offers gluten-free
To meet the needs of those with gluten-sensitivity issues, Campbell Company of Canada introduced 13 gluten-free soups and broth this month. METRO NEWS SERVICES

Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Spinach an Parmesan Soufflés.

Puffed perfection



Passion Fruit and Honey Zabaglione.

Spinach and Parmesan Soufflés

SERVES 4

INGREDIENTS:
- 2 tsp (10 mL) soft butter
- 1 lb (500 g) young spinach
- 1 slice white bread, crusts removed
- 2/3 cup (150 mL) sour cream
- 5 eggs, separated
- 1/2 cup (125 mL) grated Parmesan cheese
- Freshly grated nutmeg, to taste

METHOD:

1. Preheat oven to 425°F (220°C). Lightly butter inside of four 1-cup (250-mL) ovenproof dishes. Tip washed spinach into dry pot with moisture left on leaves and stir over low heat until wilted. Leave to drain.

2. Process bread in blender to make fine crumbs. Add spinach to crumbs with half the sour cream and process for coarse purée. Add remaining sour cream and process until combined.

3. Add egg yolks to food processor with 3 Tbsp (45 mL) of grated Parmesan cheese. Season and add plenty of nutmeg, then process again to make smooth purée.

4. Whisk egg whites in large bowl until stiff. Tip spinach mixture onto egg whites and carefully fold with large metal spoon. Sprinkle half of remaining Parmesan inside prepared dishes and set on baking sheet. Spoon soufflé mixture into dishes. Sprinkle with remaining Parmesan, then bake 15 minutes or until puffed and golden brown. Serve immediately.

Passion Fruit and Honey Zabaglione

SERVES 4

INGREDIENTS:
- 4 ripe passion fruits
- 3 Tbsp (45 mL) clear honey
- 4 large egg yolks
- 2 tsp (10 mL) lemon juice

METHOD

1. Cut each fruit in half and scoop out pulp and seeds into sieve set over large heatproof bowl. Sieve fruit thoroughly, then trickle 1 Tbsp (15 mL) boiling water over seed mixture in sieve and scrape again with spoon. Scrape any pulp from underneath sieve into bowl too. Discard seeds.

2. Half-fill pot with boiling water and heat to simmering point. Put honey, egg yolks and lemon juice into bowl with passion fruit juice and whisk well with electric mixer. Set bowl over pot of hot water and continue to whisk until mixture is pale and thick, and holds trail when beaters are lifted out. This takes about 10 minutes. Keep water barely simmering – do not let it bubble too fiercely or eggs will cook and separate.

3. Remove bowl from pot and continue to whisk 1 minute. Spoon, ladle or pour mixture into four small glasses. Serve immediately.

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



To read Peter Rockwell's Liquid Assets column, visit: metronews.ca/food

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Giving birth to new ideas

The Cochrane Collaboration reviewed 21 studies involving 3,706 women and found that lying down significantly delays the process of giving birth. Researchers recommend that women in labour try to find the most comfortable position, other than lying flat. METRO NEWS SERVICES

Health & Beauty

Finances becoming a family affair

The J Spot



When my father passed away 15 years ago, my mother didn't even know how to use a bankcard. How times have changed.

According to a recent survey by FindLaw.com, married women between the ages of 18 and 34 today are more likely to know about and manage a couple's finances.

"We found that younger women, in many ways, are the most money-savvy among married couples," said Stephanie Rahlfs, an editor with FindLaw.com, a website that provides information on marriage.

One might argue that this is simply another domestic responsibility women have taken on in order to maintain control. Women today are better educated than previous generations.

I certainly know that when my husband assumed we'd pool our finances when we married almost five years ago, I was just a wee bit taken aback. I've since mellowed and recognized the benefits of working together as a team to reach our financial goals

Frankly, I couldn't imagine not having a major role in managing our finances as a couple as my mother was. And yes, I do handle our finances for the most part.

Partly because I have been handling my own finances since I was 18 and partly because, oh hell, okay, I'm a bit of a control freak…and he wouldn't do it right anyway.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Getting sick no joke

Canadians demanding zero tolerance for hospital infections

CELIA MILNE
for Metro Canada

It's like a sick joke. You go to hospital for care and come out sicker than when you went in. But it's no laughing matter. Each year in Canada, between 8,000 and 12,000 people die of infections they acquired in hospital.

An important new Canadian study provides the first step in changing this grim pattern. A team of researchers at Queen's University in Kingston has proven scientifically that shared hospital rooms are a culprit in spreading superbugs.

"There is a very strong relationship between the number of roommates and the risk of each infection," said Dr. Dick Zoutman, an infection control expert at Kingston General Hospital and one of the authors of the study.

If you share a room with one other patient, your risk of getting a serious infection goes up by 10 per cent. And each roommate added raises your risk by another 10 per cent. So if you have five roommates, your risk of infection is up by 50 per cent, explained Zoutman.

The results were far more dramatic than the scientists expected.

"We found it quite shocking," Zoutman told Metro in a phone interview. "We didn't anticipate it would be that high. We went 'Wow!'"

They thought each roommate might boost risk by one per cent.


PHOTOS.COM

Your risk of catching an infection at a hospital increases by 10 per cent for every roommate you have there.

225,000

It's estimated that about 225,000 hospital-acquired infections occur in Canada each year.

Over a five-year period, Zoutman and his team studied whether patients in hospital for more than three days developed any of three serious infections. The infections were superbugs methicillin-resistant Staphylococcus aureus (MRSA) and vancomycin-resistant Enterococcus (VRE), as well as Clostridium difficile, which causes diarrhea. These infections can be fatal.

Canadians, he said, are developing zero tolerance for hospital-acquired infection. "They are fed up."

While it may seem obvious that sharing hospital rooms means sharing illness, decision-makers needed proof before changes could be made, said Zoutman.

He added that the results are valuable because policy-makers who decide how hospitals will be designed now have evidence that private rooms are safer. They can justify spending the extra money.

The current system of dividing patient with curtains does not keep them safe from neighbours' infection.

"It has to be walls," said Zoutman.

Patients should have their own room and their own bathroom.

"The solution is designing safety and quality into hospital systems, so hospitals are safer. We want to have it that you can't transmit infections in hospital. My goal is zero. This is a step in the right direction."

Suspending your beliefs on fitness

CELIA MILNE
for Metro Canada

TRAINING Still looking for the best way to get fit this January?

If you're up for a challenge, why not try working out while hanging out?

"TRX Suspension Training is exploding on the fitness market," says Geoff Bagshaw, group exercise director of Denman Fitness in Vancouver.

TRX training involves ropes, bands and straps and uses gravity and body weight to get a full workout.

The straps can be attached to a door or any elevated fixture, so it's a go-anywhere workout.

It may be best to sign up for a class, to see if you like it.

TRX training has been called "yoga on ropes" because of the effort involved in staying balanced.

It's a great workout because it provides cardio, flexibility and strength training.

It can be done by people with any level of physical fitness, and experts say you should expect to be sore the day after you work out.

No pain, no gain

The TRX trainer was originally designed by a Navy SEAL trying to slap his squad into better shape.

"Lately, we have seen a huge growth in its use in group fitness classes at fitness facilities worldwide," says Bagshaw.





Cowell out of Idol
Simon Cowell, the acerbic Brit who has helped give American Idol some of its sharpest — and nastiest — moments, will leave the popular singing show after this season. THE ASSOCIATED PRESS

Entertainment



Ticket to Oprah
The February issue of O features a "golden ticket" sweepstakes for an expenses-paid weekend in New York City to commemorate the 10th anniversary of the magazine and to meet Oprah Winfrey. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Mila's mature act

Actress opts for serious role in Book of Eli

STEVE GOW
for Metro Canada

With her latest movie, Mila Kunis may finally fulfill her destiny.

Having begun acting professionally at age nine, the Ukraine-born beauty rose to fame playing goofy comedy on television's That '70s Show. Now with the dystopian drama The Book of Eli, she shares company with such an esteemed thespian as Denzel Washington — a step in the right direction.

"He's a very powerful man," said Kunis during a recent interview. "At this point in my career I like to work with people that I admire and people I respect and can learn from and an opportunity to work with Denzel Washington, you can't really pass it up."

"An opportunity to work with Denzel Washington, you can't really pass it up."
Mila Kunis

In the movie, Kunis joins Washington as a post-apocalyptic survivor protecting a sacred book as he seeks to fulfill its destiny in the West. It's a much more mature role for Kunis who, until relatively recently, didn't take her job seriously.

"It was just a conscious decision that this is what I want to do with my life," said Kunis. "I looked at it as something fun. I worked because I was able to work and then when I was twenty I was like, 'OK, this is going to be my career so I'm going to make smart choices and I'm going to go about it as a career versus just a fun thing on the side.'"

The Book of Eli hits theatres on Friday

While she admits luck had a lot to do with her success, Kunis selects her parts more carefully now but she remains self-effacing when it comes to being realistic about the nature of showbiz.

"I'd like to think I could do it for the rest of my life but tomorrow nobody might want to hire me and that'd be the end of it."

In the meantime, audiences will see Kunis in The Book of Eli (hitting theatres Friday) as well as two other films releasing this year. Plus, fans can always catch her voicing the animated character of Meg on TV's The Family Guy — perhaps surprisingly her most famous role.

"If I open my mouth and I'm in public, that's all it takes," laughed Kunis. "If I be quiet, I'm OK. It's just when I talk that people are like, 'Hey it's Meg!'"



That '70s Show star Mila Kunis joins Denzel Washington in Book of Eli.



HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/12/10 primetime	31	31	31 ABC	News Center 5	World News	Inside Edition	Chronicle	Scrubs	Better Off Ted	Scrubs	Better Off Ted	the forgotten
	7	7	7 ASN	The Road to Avonlea		Degrassi: TNG	TMZ (N)	*The Matrix Reloaded* ★★★ (2003, Science Fiction) Keanu Reeves.				
	11	11	11 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National		The Hour
	2	2	2 CBC-F	Pyramide (SC)	Union-force	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Trauma (HDTV) (N) (SC)		Le Téléjournal
	32	32	32 CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS "Flesh and Blood"		NCIS: Los Angeles (N)		The Good Wife
	69	69	69 CFTM	TVA nouvelles	Le Cercle (SC)	La Fièvre de la danse (SC)		Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles
	6	6	6 CIHF	Entertainment	ET Canada	The Good Wife (N)		NCIS "Flesh and Blood"		NCIS: Los Angeles (N)		News Final (N)
	9	9	9 CJCH	etalk	Access H.	Law & Order: Special Victims		American Idol The audition process begins in Boston. (N)				CTV News
	10	10	10 ELTV	(6) EastLink Television				Podium TV		Community Matters		
	36	36	36 FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol The audition process begins in Boston. (N)				Fox First
	12	12	12 NBC	News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser Dr. Huizenga delivers sobering news.				Jay Leno Show
	29	29	29 NW	(6) Power & Politics		Connect Today's biggest stories. (N)				CBC News: The National		fifth estate
	4	4	4 PBS-B	PBS NewsHour (N)		Greater Boston	Maria Hinojosa	Nova (HDTV) (N)		Independent Lens Senior citizen chorus.		
	35	35	35 PBS-D	PBS NewsHour (N)		Business Rpt.	Worldfocus	Nova (HDTV) (N)		Secrets of the Stones		Independent
	68	68	68 TQS	Guerre clans	Oncle Charlie	Touche pas à mon fils		Dirty Sexy Money (SC)		Pratique privée (N) (SC)		Guerre clans
news	23	96	96 BNN	Business News	Headline	Market Call Tonight		The Close	Market Call	Squeeze Play		Business News
	18	18	18 CNN	Situation Room-Wolf Blitzer		CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Cooper 360
sports	54	54	54 GOLF	Golf Central	Play Lessons	Golf Videos	Inside PGA	Ryder Cup Highlights (HDTV)		Big Break: Mesquite		Big Break
	52	52	52 RSE	Connected W-Prime Time		NHL Hockey Ottawa Senators at Atlanta Thrashers. (HDTV) (Live)					Overtime	Sportsnet Con.
	55	55	55 SCOR	After Wrestling	Covers Experts	Cabby Unlimit	Score Today	Court Cuts	NBA Basketball Los Angeles Lakers at San Antonio Spurs.			
	45	45	45 SPD	Unique Whips		Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Danger-Drives
	53	53	53 TSN	Off the Record	SportsCentre	NHL Hockey New Jersey Devils at New York Rangers. (HDTV) (Live)					SportsCentre	
family	43	43	43 FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26 TREE	Wonder Pets	3rd & Bird	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar
	27	27	27 YTV	iCarly	To Be Indie	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz (N)
cable variety	16	16	16 A&E	The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal		Paranormal
	70	70	70 APTN	APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	*Gunslinger's Revenge* ★★ (1998, Western)		
	50	50	50 BET	106 & Park: BET's Top 10 Live				*The Cookout* ★ (2004, Comedy) Ja Rule, Tim Meadows.				Monica: Still
	37	37	37 BRVO	Wind at My Back		Ferron: Girl on a Road		Live at the Rehearsal Hall		Liza With a Z: Concert		Bravonews
	25	25	25 CMT	Shaye: This Is It		Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.
	49	49	49 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham
	153	153	153 COURT	Killer Next Door		True Crime Authors		Crime Files	Dumb Criminal	Unsolved Crimes USA		True Crime
	38	38	38 DISC	Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	License to Drill
	34	48	48 HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters
	46	46	46 HIST	Ancients Behaving Badly		Ancient Discoveries		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Ancients-Badly
	17	17	17 MM	Secret Life of American Teen		Gossip Girl		Love Court	My Date With...	Degrassi: TNG	Degrassi: TNG	disBAND
	19	19	19 MMM	mmtop10.ca		The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage
	201	201	201 M1	(6:45) *Love Comes Lately*		(8:15) *17 Again* ★★ (2009, Comedy) Zac Efron.				*Gran Torino* ★★★ (2008, Drama)		
	48	23	23 OLN	Mantracker		Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	51	51	51 PEACH	Friends	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*The Alamo*
	206	206	206 PIX	(6:45) *Down to Earth* (2001, Comedy)			(8:20) *The Fourth Angel* ★★ (2001)			*Bridget Jones's Diary* ★★★ (2001)		
	67	67	67 RDI	RDI monde	RDI économie	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39 SHOW	Trailer Park	Trailer Park	Relic Hunter		*I Know What I Saw* (2007, Suspense)		Beverley Mitchell.		Drp Dead Diva
	40	40	40 SLICE	What Happen?	Wedding SOS	Rich Poor	Rich Poor	Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS
	47	47	47 SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Lost		Medium "Baby Fever"		Fringe
	14	14	14 SPIKE	Ultimate Knockouts 6		Ultimate Knockouts 7 (HDTV)		UFC Unleashed (HDTV) (N)		Entourage	Entourage	Ult. Knockout
	57	98	98 STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		Dr. Oz Show
	21	21	21 TLC	Say Yes, Dress	Say Yes, Dress	Little Couple	Little Couple	Cake Boss	Cake Boss	Happy Family	Happy Family	Little Couple
	56	34	34 TROP	End of Leash	Last 10	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash
	20	20	20 TV5	Que.-champion	Journal de Fr2	Zoom animal		Découvrir le monde		Partir autrement		ADN
	28	28	28 V	Mysterious Ways "Muti"		Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted (N)
	60	97	97 VIVA	Da Vinci's Inquest		Cold Case "Committed"		Missing "Pilot"		The Closer		Cold Case
	22	22	22 W	House-Sell	House-Sell	Supernanny		Dine With Me	Grocery Bag	Beauty	Style by Jury	Look Good
	251	251	251 WGN	WGN Evening News		Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place "Canon"		WGN News

critics' corner

the forgotten
An unidentified man found dead inside a seepage pit leads Alex (Christian Slater) and the team into the world of medical trials. They discover the victim was a recently naturalized citizen who signed up to become a medical guinea pig to earn enough money to bring his family to America in the new episode "Patient John." Susan Ruttan ("L.A. Law") guest stars. 11 PM on ABC



Kids in the Hall: Death Comes to Town
There's not much to fear from Death — unless you have a phobia about pot-bellied guys running around in codpieces. Mark McKinney plays the not-ready-for-prime-time Grim Reaper who pays a visit to a small northern Ontario town in this new eight-part series from the Kids in the Hall comedy troupe. It's part murder mystery, part soap opera and all funny. 9 PM on CBC

American Idol
Host Ryan Seacrest welcomes Emmy-winning talk show host Ellen DeGeneres to the judging panel that also includes the returning Simon Cowell, Randy Jackson and Kara DioGuardi as the ratings behemoth returns for its ninth season, traveling across the country in search of singers both deserving and delusional. 9 PM on CJCH FOX



Pussycat on the prowl

Pussycat Dolls singer Nicole Scherzinger is single again, usmagazine.com reports. She and 2008 Formula 1 world champion Lewis Hamilton have announced that they have split after two years. METRO NEWS SERVICES

Celebrity Buzz

SECOND CUP
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Valid only at participating Second Cup locations from January 12 to January 15, 2010. Buy a medium size brewed coffee and receive a medium size brewed coffee for Free. Offer is limited to one Free medium size brewed coffee with purchase per voucher. Voucher has no cash value and is not valid with any other offer.

Tila Tequila denied a teary-eyed graveside goodbye?

NO FOND FAREWELL Tila Tequila has not been invited to her purported fiancé Casey Johnson's funeral, set for this week, usmagazine.com reports.

A source close to the MTV reality star tells Us, "She wants so badly to go to the funeral, but nobody will give her the details or tell her anything. She is extremely frustrated."

Over the weekend, Tila told E! News, "I don't want to talk about the funeral. I wasn't allowed to go, and I am so upset. I can't sleep, and I am on suicide watch."



Tequila has been engaged in a war of words with friends of Johnson, who accuse the reality star of using the baby-oil heiress for media attention.

Tequila has been firing back, saying that Johnson's family and friends never cared about her. Over the weekend, she Tweeted, "The family cut Casey out for five years! They knew nothing about her except that she was sad ... until she met me. LESBIAN MARRIAGE. Not accepted." METRO NEWS SERVICES

Marriage is one option

BUT ONLY FOOLS RUSH IN Carmen Electra is in no rush to get married, female-first.co.uk reports. The former Baywatch actress has been engaged to Otep rocker Rob Patterson for almost two years but still has no plans to set a wedding date.

"We're happy the way things are. We're not really putting that added, extra pressure on the relationship," she said.

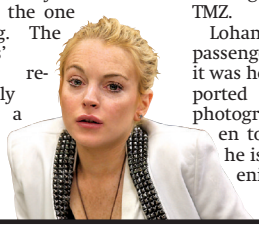
Although Electra, 37, is no hurry to walk down the aisle with the former Korn rocker, the brunette beauty insists a wedding could still happen one day. She added, "It's possible. If we decide that, then we will get married, but we're just happy being together.'



Electra has been married twice before. She tied the knot in Las Vegas with controversial basketball star Dennis Rodman in 1998 before splitting soon after. In November 2003, she wed Jane's Addiction guitarist Dave Navarro, but they divorced in February 2007. METRO WORLD NEWS

Lohan can't get (use?) a break

(UN)LUCK BE A LADY Lindsay Lohan is having more car trouble, only this time she wasn't the one driving. The actress' BMW reportedly struck a photographer early Sunday morning while pulling away from the Hotel Cafe nightclub, according to TMZ.



Lohan was reportedly a passenger at the time, and it was her assistant that reported the incident. The photographer was not taken to the hospital, but he is reportedly threatening to sue Lohan. METRO WORLD NEWS

Is Nightingale her last name?

R&B'S FLORENCE NIGHTINGALE IN SHINING ARMOUR Rihanna is seeking a donor for an Olympic hopeful battling leukemia, female-first.co.uk reports.

The singer — who received a touching letter from 26-year-old Seun Adebiyi, a Nigerian athlete who had hoped to compete in the 2014 Winter Games in skeleton sledding, but was diagnosed with Leukemia during training — has promised to do everything she can to raise awareness of his condition and find him a bone marrow donor.

"Leukemia interrupted Seun's dream of being the first Nigerian in the Winter Olympics, but together we can help him make his dream come true. We need to find him a bone marrow donor! Please sign up with DKMS!" says Rihanna.

The pop star is working alongside Grey's Anatomy actor Justin Chambers in asking potential bone marrow donors to come forward and help save the life of the Yale Law School graduate.

Seun is astonished both Rihanna and Justin have taken the time to help him.

"I am deeply touched by their plea for donors, not just for me, but for others as well. Their voices are so powerful and it encourages me how they used their influence to raise awareness about this important issue. That was incredible," he says. Rihanna previously made successful public pleas both last year and in 2008 to help six-year-old Jasmina Anema and 43-year-old Lisa Flynn find bone marrow transplants. METRO NEWS SERVICES



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SECOND CUP

Celeb mistresses, unite!

HI. MY NAME IS SARAH AND I'M A MISTRESS Gordon Ramsey's alleged former mistress, Sarah Symonds, has been reaching out to Jamie Jungers, one of Tiger Woods' self-proclaimed other women, in an effort to help other women like them, Symonds tells Page Six.

"I run a group called Mistresses Anonymous. It's the only support group for women who are in bad relationships with married men. I have been talking to Jamie about getting her involved," she says.

"Ideally what I'd like to do is a TV special with all of Tiger's mistresses, where they could discuss the downside to being 'the other woman,' and whether he was good in bed." METRO WORLD NEWS



Conan, master of his fate

NO ONE TO BLAME BUT YOURSELF Jerry Seinfeld has some advice for Conan O'Brien: Don't even think about complaining, big guy, popeater.com reports. He says the newbie Tonight Show host hasn't been held back by the network, which announced over the weekend it will be bringing Jay Leno back to 11:35 p.m.

"What did the network do to Conan?" Seinfeld asked at the TV Critics Association on Sunday. "I don't think anyone's preventing people from watching Conan. Once they give you the cameras, it's on you. I can't blame NBC for having to move things around. I hope Conan stays, I think he's terrific. But there's no rules in show business." METRO NEWS SERVICES



It's been a hard day's night

FREE AS A BIRD Heather Mills says that she's moved on two years after divorcing Paul McCartney.

"It was the toughest thing I've ever been through in my life. Losing a leg was a billion times easier. That was just physical pain," Mills, who is currently appearing on Britain's Dancing on Ice reality show, tells the Daily Mirror.



"Afterwards I was single for two years. Then I met a wonderful man, who I never talk about. But I don't think I would marry again. I don't think its worked for me." METRO WORLD NEWS

Celebrity tweets METRO WORLD NEWS

Katy Perry is craving American burgers while in India, Sandra Bernhard is ecstatic about her vacuum purchase and Tyrese Gibson parties all night but has nothing to show for it.

- @katyperry Quick someone send me a pic of a double double animal style from In N Out. I'm dying over heeeeeere.
- @SandraBernhard we are in love with our new DYSON DC 25 with the rolling ball honey the glamor that new vacuum has brought into the house is shocking!
- @Tyrese4ReaL It's crazy to be around all that action and end up alone... Dammit I should of got a few #'s waaay too many to focus on!

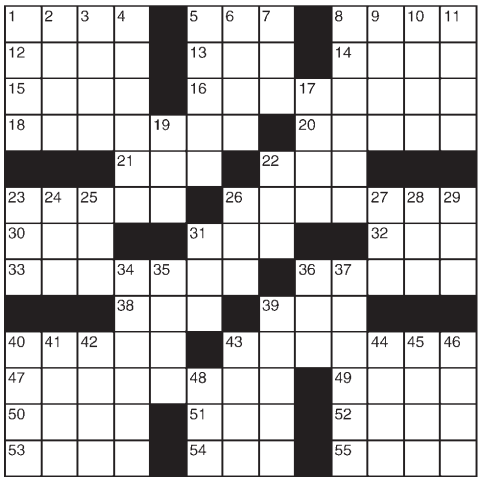
The Weather Network
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Today Variable -7° / -12°
Wednesday Variable -8° / -13°
Thursday Mainly sunny -7° / -8°

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Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4			9	6				1
	8					6	9	
	9			1	7			4
					6			8
		2				7		
9			2					
3			6	7			5	
	5	1					8	
7				5	3			2

ACROSS

1 — mater
5 Thither
8 Astronomical bear
12 Spring wind?
13 Praise in verse
14 Bosc, e.g.
15 Color quality
16 "A Streetcar Named Desire" surname
18 Captain
20 Gave as an example
21 Fellows
22 Fellows
23 Lifting apparatus
26 Soaking in the sun
30 Feedbag morsel
31 "— the ramparts ..."
32 Compete
33 "Tobacco Road" author Caldwell
36 Bloodhound's clue
38 Suffix with robot
39 Dead heat
40 Supermarket section
43 Providing traction
47 Like beauty, they say
49 Rescue
50 Baserunner's goal
51 Bikini half
52 Verve
53 Oklahoma city
54 Dickens pseudonym
55 Transmitted

DOWN

1 Performances
2 Appearance
3 Revealing skirt
4 Hebrew letters
5 Burdens for oxen
6 Stench
7 Fresh
8 Telecom channel to a satellite
9 Repose
10 Benefit
11 Saharan
17 "Bullets" at the poker table
19 Favorite
22 Scratch
23 Weeding tool
24 Rowing tool
25 "Monty Python" opener
26 Spelling contest
27 "— got it!"
28 Zero
29 Solidify
31 Switch positions
34 Baked, as pottery
35 On the rocks
36 Transgression
37 Disarrays
39 November birthstone
40 Arthur of tennis
41 Object of worship (Var.)
42 California valley
43 Pianist Peter
44 Hardy cabbage
45 Terrible guy?
46 Fender bender
48 Recede

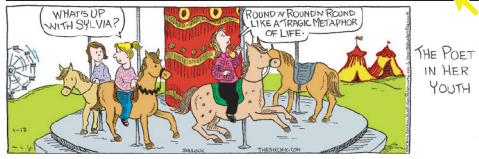
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	9	5	3	7	8	1	4	2
1	8	3	5	2	4	9	6	7
2	4	7	1	6	9	3	5	8
8	7	6	9	4	1	5	2	3
4	1	2	6	3	5	8	7	9
5	3	9	2	8	7	4	1	6
3	6	8	4	1	2	7	9	5
9	2	4	7	5	3	6	8	1
7	5	1	8	9	6	2	3	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Peppered Beef with Pecans

INGREDIENTS:
1 lb (500 g) lean steak
2 tsp (10 ml) black peppercorns
3/4 cup (175 ml) pecan halves
2 tbsp (25 ml) olive oil
2 tsp (10 ml) butter
1 onion, thinly sliced
3/4 lb (375 g) button mushrooms, sliced
4 tbsp (60 ml) brandy
2/3 cup (150 ml) sour cream
3 oz (90 g) arugula

METHOD:
1. Slice steak into thin strips, trimming excess fat. Lightly crush peppercorns using mortar and pestle and put into large bowl. Toss steak strips with peppercorns.
2. Put pecans in large, dry pan and toast over medium-high heat, tossing regularly, 2-3 minutes. Chop roughly and set aside.
3. Heat 1 tbsp (15 ml) oil with butter in pan and stir-fry onion over medium heat to soften slightly. Add mushrooms and cook over high heat until lightly softened. Add salt to taste.
4. Remove mushrooms and onions from pan and put onto plate. Add remaining oil to pan and stir-fry steak strips over fairly high heat for 2-3 minutes.
5. Add brandy and boil 30 seconds. Return onions and mushrooms to pan and stir in sour cream. Heat until blended. Add arugula and stir until wilted, then sprinkle over pecans and serve immediately.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Unexpected changes are likely, so be ready for them and don't hesitate to adapt if the situation requires it.

TAURUS
APRIL 21-MAY 21
This should be a lucky day for you, the kind of day when even the darkest of clouds have a silver lining.

GEMINI
MAY 22-JUNE 21
It is likely that you will clash with someone whose outlook on life is about as different to your own as it is possible to get.

CANCER
JUNE 22-JULY 22
Having a good idea is one thing, making it work is quite another, and no matter how remarkable the thoughts that pass through your head today.

LEO
JULY 23-AUG 23
Your potential may be infinite but you still need to be selective when it comes to your activities.

VIRGO
AUG 24-SEPT 22
Others may look at you and think you are lazy because you are not running around in a frenzy like everyone else.

LIBRA
SEPT 23-OCT 23
Do not — repeat, not — agree to do other people's tasks for them today. Yes, it's nice to be helpful but the planets warn if you against it.

SCORPIO
OCT 24-NOV 22
You know what you want so why are you hesitating? It's because on other occasions when you acted too quickly something bad happened.

SAGITTARIUS
NOV 23-DEC 21
Someone will be offended by your outspoken opinions today but you don't care about that. Jupiter, your ruler, makes you feel like you are protected.

CAPRICORN
DEC 22-JAN 20
With one group pulling you in one direction and another group pulling you in the opposite direction there is a danger you might come apart.

AQUARIUS
JAN 21-FEB 18
Other people will make all sorts of promises but if you expect those promises to be kept you are going to be disappointed.

PISCES
FEB 19-MARCH 20
If something no longer works for you the way it once did then get rid of it, despite any sentimental attachment.

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This day in history

1908: A long distance radio message is sent from the Eiffel Tower for the first time.
1915 – The United States House of Representatives rejects a proposal to give women the right to vote.
1932 – Hattie W. Caraway becomes the first woman elected to the United States Senate.
1967 – Dr. James Bedford becomes the first person to be cryonically preserved with intent of future resuscitation.
1991 – Gulf War: An act of the U.S. Congress authorizes the use of military force to drive Iraq out of Kuwait.

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Feb. 2 • 5 nts.
$939
+Taxes & other fees (including service charges): $133
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All-Inclusive • Superior rm.
Feb. 13 & Mar. 6 • 1 wk.
$1099
+Taxes & other fees (including service charges): $213

Varadero

Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Mar. 5 & 19 • 1 wk.
$1139
+Taxes & other fees (including service charges): $213

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Mar. 6 • 1 wk.
$1089
+Taxes & other fees (including service charges): $297

Grand Paradise Bavaro Beach Resort and Spa • 4★
All-Inclusive
Superior garden view rm.
Mar. 6 • 1 wk.
$1269
+Taxes & other fees (including service charges): $297

COSTA RICA

Liberia via Toronto

Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
Feb. 4, 11, 18 & 25 • 1 wk.
$1699
+Taxes & other fees (including service charges): $214

MEXICO

Cancun / Riviera Maya

Barceló Tucancun Beach • 4★
All-Inclusive • Standard rm.
Mar. 14 • 1 wk.
$1169
+Taxes & other fees (including service charges): $275

Royal Solaris Cancun • 4★
All-Inclusive
Deluxe lagoon view rm.
Mar. 14 • 1 wk.
$1219
+Taxes & other fees (including service charges): $275

Los Cabos via Toronto

Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive
Junior suite
Feb. 6, 20 & 27 • 1 wk.
$1249
+Taxes & other fees (including service charges): $287

DEAL to EUROPE

London
Royal National Hotel • 3★
Breakfast
Standard rm.
Jan. 21 & 28 • 3 nts.
$479
+Taxes & other fees (including service charges): $393

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Flights to San Juan via Montreal
Interior stateroom cat. M
Feb. 14 • 1 wk.
$1319
+Taxes & other fees (including service charges): $251

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Feb. 8 • 1 wk.
$1189
+Taxes & other fees (including service charges): $266

Iberostar Rose Hall Beach • 4 1/2★
All-Inclusive
Standard garden view rm.
Feb. 8, 15 & 22 • 1 wk.
$1599
+Taxes & other fees (including service charges): $266


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